

BRAEMAR

ALBAMHOR

SPA MENU



ALBAMHOR is the ideal place to unwind and to restore, revive and relax body, mind and spirit.

The products used have been selected because they embody The Fife Arms ethos, which is to provide a unique Scottish Highland experience whilst respecting your health and wellbeing along with the precious environment.

Our team will assist you in creating your unique personal Albamhor spa experience from any combination of treatments. We will adapt to any special requests you may have wherever possible.

Please note that our treatment offering has been altered due to Covid-19 guidelines. Our team aim to provide a relaxing and enjoyable experience while ensuring the safety and comfort of our guests and staff.

How we are keeping you safe:

Our treatments are all tailored to minimise face to face exposure.

We will provide face coverings for all guests and take your temperature on arrival.

We kindly request that guests attend the spa alone and 5 minutes ahead of the time of their treatment. This will facilitate social distancing in waiting areas

We greatly appreciate your understanding and patience at this time.

SIGNATURE TREATMENTS

ALBAMHOR DELUX SIGNATURE TREATMENT

90 MIN — £160

This restorative treatment takes you through a bespoke experience to enhance your body's own natural equilibrium. Gentle stretching to realign the body precedes a full body massage using specifically selected aromatic oils. Tailored massage techniques and soothing heat applied to specific muscles melt away tension and restore balance. To complete this treatment, a rejuvenating and soothing eye treatment is followed by a relaxing scalp massage to leave a feeling of deep relaxation.

RELAXING BACK, NECK AND SHOULDER MASSAGE

- Soothing body, mind and soul -

30 MIN — £60

Dissolve tension with this recuperative massage that will soothe and ease your back, neck and shoulder muscles. Our Albamhor therapists use a blend of massage techniques to target specific areas of the body, tailoring the treatment to your individual profile which releases tension at its core.

TRAVELLERS TREAT

- Restoration for weary muscles -

45 MIN — £90

INCLUDES BACK, NECK AND
SHOULDERS, LEG AND FOOT MASSAGE

Our Albamhor therapists use bespoke selected blends of aromas with a mix of light massage techniques to help ease, calm and transform states of physical and mental exhaustion. The therapeutic movements stimulate the blood flow, helping to repair key muscle fibres, restoring optimal movement and flexibility to those areas in need of physical and energetic renewal.

FIFE FOOT RITUAL

- The ultimate reviving tonic for
weary feet & legs! -

30 MIN — £60

A welcoming soak for those tired hidden away feet before a luxurious scrub with ishga Sea Salt scrub followed by a relaxing and therapeutic massage to the lower legs and feet. This can be enhanced using a detoxifying ishga Seaweed & Salt warm poultice to reduce inflammation and ease those tired muscles.



HOLIDAY HANDS AND FEET



..... 90 MIN — £90

The ultimate pampering treatment combines the OPI Luxury Manicure and OPI Luxury Pedicure.



BEAUTY



OPI LUXURY MANICURE

..... 60 MIN — £60
OPI EXPRESS MANICURE
30 MIN — £45

This pampering treatment offers shaping of the nail, cuticle care, revitalising exfoliation, luxurious hand and arm massage and is completed with your chosen nail lacquer.

OPI LUXURY PEDICURE

..... 60 MIN — £65
OPI EXPRESS PEDICURE
30 MIN — £45

This wonderful pampering treatment offers shaping of the nail, cuticle care and revitalising exfoliation including a luxurious massage, completed with your chosen nail lacquer.

GEL COLOUR TECHNOLOGY

OPI MANICURE WITH GEL COLOUR
50 MIN — £55
OPI PEDICURE WITH GEL COLOUR
60 MIN — £60

Perfect your natural nail with GEL Colour by OPI is a pure gel colour enhancement service, which once cured under LED light, instantly sets – no drying time needed!

(This doesn't include Gel removal prior to the treatment)

Extra

GEL COLOUR REMOVAL 25 MIN — £20
GEL COLOUR APPLICATION ONLY 25 MIN — £30
GEL COLOUR APPLICATION (HANDS AND FEET)...35 MIN — £45

ETIQUETTE

THE AMBIENCE CREATED AT ALBAMHOR IS ONE OF PEACEFUL RELAXATION. IN RESPECT TO OTHER SPA GUESTS WE REQUEST YOU SPEAK QUIETLY AND ENJOY THE SERENITY OUR SPA BESTOWS.

HEALTH	Your health and wellbeing are our top priority. Therefore, it is essential for you to inform us of any health conditions which may affect your treatment choices. <u>Pregnancy</u> : Certain spa treatments are not recommended during the first trimester of your pregnancy. Please discuss the various options available when scheduling your appointment.	VALUABLES	We highly recommend leaving valuables and jewellery in the safe in your room.
	ATTIRE		You are welcome to come wearing a robe or come just as you are and change in the privacy of the treatment room. As part of our Covid-19 precautions we ask all guests to wear a face mask in the spa.
FEEDBACK		We value your feedback and greatly appreciate any comments you wish to share about your experience.	RETAIL THERAPY

We recommend you book your spa treatments in advance to ensure availability. Please contact the Spa or Front Desk to make a booking.

ADVANCE BOOKINGS

Should you wish to make an advanced reservation for any of our treatments before your stay at The Fife Arms, please book by email SPA@THEFIFEARMS.COM or CALL **013397 20218**. Non residents will be charged a 50% deposit on booking.

CANCELLATIONS

We kindly request that you inform us in advance, at least 24 hours before, if you wish to reschedule or cancel your appointment. Less than this may incur a 100% charge being applied.

Treatments & Prices are subject to availability & change.